

1st Annual Community Fun and Fitness Relays (CFFR)
Saturday, September 23rd, 2017
Lew Hartzog Track & Field Complex, SIUC

RACE DAY (ROLLING) SCHEDULE*

8:00 A.M. - Registration opens (athlete packets ready for pick-up)

9:15 A.M. - National anthem presentation (Ghanaian & American)

9:30A.M. - DMR (Distance Medley Relay)

10:00 A.M. - Children's sprint dashes

- 30-Meter Dash (girls & boys ages 3-4)

- 60-Meter Dash (girls & boys ages 5-6)

- 80-Meter Dash (girls & boys ages 7-8)

-100-Meter Dash (girls & boys ages 9-11)

***OPEN TRACK:** Relay teams wanting to practice baton exchanges and mark their take-off/"Go" points on the track may do so on the track at this time. Please bring your own tape.

*Health Fair opens

10:45 A.M. - Middle School 4X100-Meter Relay

1) Just for Fun Division ONLY

11:00 A.M. - High School 4X100-Meter Relay

1) Just for Fun Division

2) Competitive Division

11:15 A.M. - Open Junior 4X100-Meter Relay

1) Just for Fun Division

2) Competitive Division

11:30 A.M. - Open Senior 4X100-Meter Relay

1) Just for Fun Division

2) Competitive Division

11:45 A.M. - Middle School 4X400-Meter Relay

1) Just for Fun Division ONLY

12:00 P.M. - High School 4X400-Meter Relay

1) Just for Fun Division

2) Competitive Division

*Health Fair ends

12:20 P.M. - Open Junior 4X400-Meter Relay

1) Just for Fun Division

2) Competitive Division

12:40 P.M. - Open Senior 4X400-Meter Relay

1) Just for Fun Division

2) Competitive Division

1:00PM. - Awards Ceremony begins (presentation by Deanna Price, 2016 Saluki & U.S.A.

Olympian)

- SIWADE Performs

***PLEASE NOTE:** Times listed above are *estimates* only! The CFFR will run on a "rolling schedule," meaning that events will proceed in the order listed regardless of the time indicated for each. Therefore, participants must be present and attentive to announcements indicating the start of their events.